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NEWS
WORTH
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**NEW FAMILY
OF WISEGUYS**METRO TAKES A LOOK BACK ON THE GANGSTER COMEDIES THAT HIT AND THE ONES THAT ARE SWIMMING WITH THE FISHES **PAGE 13****Corner of Mulder & Scully no place for X-Files party: Residents**Block-party organizers scramble to find a new location after some locals complain **PAGE 3****Happy trails**Will it be the P'tit Train Due Nord or St. Lawrence journey? Quebec's La Route Verte comes with options for cyclists **PAGE 15****CHARTER CHALLENGE?**

Employment and Social Development Minister Jason Kenney comments on Quebec's Charter of Quebec Values Tuesday. Kenney told reporters Justice Department lawyers will be consulted about Quebec's plans to ban public servants from wearing religious symbols and will defend the rights of Canadians if the plan violates fundamental freedoms. Story, page 7. ADRIAN WYLD/THE CANADIAN PRESS

Texts and posts about pimp-trial testimony no LOL

'OMG' Witness to find out Friday what sanction will be for communicating about case: Judge

**JOE
LOFARO**

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A judge presiding over the trial of an alleged prostitution ring run by three Ottawa teen girls said one of the teen witnesses who testified Monday will face consequences for discussing the case with other witnesses.

"Why did you do this?" asked Justice Diane Lahaie Tuesday, turning her head and looking the 16-year-old straight in the eyes.

"It was stupid. I shouldn't have done it," the soft-spoken girl replied.

Three girls aged 15, 15, and

Teen in trouble

"There will be consequences for you as a result of this."
Justice Diane Lahaie

16 were arrested by police in June 2012 and have pleaded not guilty to charges that include human trafficking, abduction, forcible confinement, and sexual assault.

The Crown alleges the girls used violence and social media to recruit girls as young as 13 to become prostitutes.

The girl, who cannot be identified, testified Monday that one of the accused teen girls attempted to recruit her on Facebook to work as a prostitute in the spring of 2012 when she was 14.

The court heard Tuesday that only a few hours after she testified Monday, she discussed evidence via text messages and Facebook messages with two other girls who are expected

to testify in the trial. The girl looked embarrassed on the witness stand when text messages she wrote about defence lawyer Trevor Brown were read aloud in court.

"OMG her lawyer is so annoying," the girl wrote.

She quickly apologized to Brown, saying, "I didn't know you were going to read this."

A second 16-year-old witness told the court Tuesday she turned down multiple invitations from one of the accused who added her to Facebook to hang out and drink alcohol.

"I just made an excuse not to come see her," the girl said. "I felt that she was a sketchy girl."

More witnesses are expected to testify Friday.

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Hawkesbury on Monday

Mother walking with baby sexually assaulted: OPP

A mother was sexually assaulted by two men as she walked on a trail with her baby, Hawkesbury OPP say.

Police said in a news release Tuesday night the attack happened Monday evening around 8 p.m. on a trail linking Mario Street and Nelson Street West, in the town of Hawkesbury.

"The investigation suggests that the young woman was grabbed by the two men and forced to the ground in the trail, where the victim was sexually assaulted. The two men then ran away eastbound on Nelson Street West," police said, adding the baby was not injured.

Police described the men as both Caucasian, 30 to 40 years old and six feet tall. One suspect had short dark hair and a medium build and was wearing a tight T-shirt and possibly grey pants.

The second man had what appeared to be a receding hair line, with longer hair on the sides. He had a short beard, dirty appearance and walked with a limp, police said. He was wearing a loose T-shirt and long pants.

While it was dark the trail leads through an open field between houses, so it is possible people might have seen the alleged attack.

Anyone with information should call Crime Stoppers at 1-800-222-8477 or the Hawkesbury OPP at 613-632-2729.

METRO



Can you believe 20 years has passed since The X-Files first hit the airwaves? The two co-stars of the cult classic, Gillian Anderson and David Duchovny, pose together at the premiere of the film The X-Files: I Want To Believe in 2008. Local fans were supposed to watch the movie at Mulder Avenue and Scully Way, but are now looking for an alternative place to commemorate the anniversary of the show. CHRIS PIZZELLO/THE ASSOCIATED PRESS FILE

Party poopers put the kibosh on X-Files bash

20th years later? Sci-fi fans looking to celebrate at Mulder Avenue and Scully Way have to find a new venue after complaints, permit issues

A block party that was supposed to take place Friday at the intersection of Mulder Avenue and Scully Way in Ottawa commemorating the 20th anniversary of The X-Files will have to move elsewhere after safety concerns

and several complaints from residents.

The free event, organized by Lisa Higgs, an X-Files fan and community coordinator at UsedOttawa.com, only had 55 people confirming their attendance on the official Facebook event as of Tuesday evening. But Coun. Stephen Blais told Metro the organizer applied for a permit for up to 500 people and the intersection doesn't allow space for the required emergency vehicles for such an event.

Blais said his office has received nearly a dozen complaints from residents and a

request from a community association to seek an alternative location for the event.

"It's a very cool idea and that intersection is a logical place to hold the event," said Blais, adding in an email, that "the organizers have not been able to demonstrate that emergency vehicles would have adequate room to navigate the streets in an event of an emergency."

Guests were supposed to watch The X-Files: I Want to Believe movie on a large screen at the Orleans intersection after dark and participate in a 50/50 draw in sup-

port of Habitat for Humanity National Capital Region.

Higgs said fans of the show can still get their pictures taken underneath the Mulder and Scully Street signs. She is currently floating proposals to move the event to a nearby Sobey's or the South Fallingbrook Community Centre.

"In a way (I was disappointed) because the intersection is so iconic, so perfect," said Higgs. "But we don't want to disturb residents and it would be a disturbance if that many people did show up. If it turns out to be 500 it would be fabulous." JOE LOFARO/METRO

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Ottawa Animation Film Festival releases lineup of features, shorts

Among the guests.

Oscar-winner Adam Elliot will be in town for screenings of his short films and his 2009 feature *Mary and Max*

The Ottawa Animation Festival unveiled this year's lineup of features and short films Tuesday, which under the M's alone includes Mickey Mouse, Monty Python and Meatballs.

Amid 75 screenings over five days, festival-goers can catch Disney Studios' *Get a Horse!* featuring vintage footage of Mickey voiced by none other than Walt Disney, *A Liar's Autobiography: The Untrue Story of Graham Chapman* and, a week before its theatrical release, *Cloudy With a Chance of Meatballs 2*.



Sam Sparks and Flint Lockwood play with their food in *Cloudy With a Chance of Meatballs 2*. The film will be screened at the Ottawa Film Festival. CONTRIBUTED

Meatballs 2.

"We have a great relationship with Sony," said Kelly Neall, the festival's managing director of the early *Meatballs* tasting.

"We did a sneak peak of *Hotel Transylvania* last year, so

it really helps, especially since Kris Pearn, one of the directors, is originally from Ottawa. I'm sure he's excited to come back and have this preview screening here in his old home town."

Oscar-winner Adam Elliot will be in town for screenings

of his short films and his 2009 feature *Mary and Max*, while *Welcome To Kanata* showcases works by First Nations, Métis and Inuit artists.

"Some of them are funny, some of them are sad, some of them are weird," Neall said of

the festival's offerings. "You're going to see all sorts of stuff and it's just really neat because the directors are here, too."

If the array of choices overwhelms, Neall advises keeping it simple: "I would suggest, if you're gonna go see one thing,

Dates

Festival schedule

The Ottawa Animation Festival runs Sept. 18 to 22 at various venues around town. Day passes are \$55, weekend passes \$105 and full festival passes \$220 (\$180 for students).

You can buy single tickets for \$12 at the door for any screening or at ottawafestivaltickets.ca (some discounts available). For more information, visit animationfestival.ca.

go see a short film competition screening ... We have tons of other stuff, too, but that's our big showpiece."

STEVE COLLINS/FOR METRO

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Thurs. Sept. 19
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Can't remember where you left your keys? Learn which top 5 foods can help you boost your brain function.

Thurs. Sept. 26
CURB YOUR CRAVINGS
Can't get enough sugar? Join Dr. Joel to find your sugar fix and curb your cravings.

Jeudi 12 septembre
DIFFICULTÉ À PERDRE DU POIDS?
La session de Dr Joel portera sur les 4 hormones qui peuvent limiter votre perte de poids.

Jeudi 19 septembre
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Startup contest to team up local, U.S. techies

A competition in which Ottawa tech entrepreneurs race to create the best new web-based startup in less than 54 hours is about to get a dose of cross-border collaboration, said organizers Tuesday.

"We got talking to our counterparts in the U.S. to see how we could move the dial forward," said Paul Austin-Menear, coordinator of Startup Weekend Ottawa from Oct. 18 to 20.

Remote working — web-based businesses with a head office in a city such as London, England, and workers as far afield as Vancouver, — is on the rise and gave Austin-Menear the idea to try a pilot project within the competition: entrepreneurs in Ottawa can join and work with teams competing in Hartford, Conn.

Roughly 50 competitors with backgrounds in graphic design, web development and marketing race from Friday to Sunday night during the competition to create a viable online app. Ideas for new businesses are presented at the beginning of each race and participants



Paul Austin-Menear, coordinator of Startup Weekend Ottawa, is testing an idea to get Canada and U.S. entrepreneurs to collaborate during the competition. GRAHAM LANKTREE/METRO

can join teams of three or four based on their skills and interests.

Since arriving in Ottawa

18 months ago from Peterborough, Ont., Austin-Menear said he is constantly impressed with the city's high-level of tech talent.

"There's a lot of seriously talented people here," he said, adding that those who take on the cross-border col-

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Mac's store. Pyjama-clad thief makes off with cash

A man dressed in checkered pyjama bottoms and goggles is wanted by police after he pulled a knife and robbed a clerk at a Merivale Road convenience store Sept. 3.

Police released a video of the robbery Tuesday in hopes of identifying the suspect.

The man entered the Mac's store at 1308 Merivale Rd. at 2:55 a.m. He pulled a knife and demanded cash from the clerk who handed over a small amount. The suspect fled and was last seen on Shillington Avenue.



A man is seen with a knife entering a Mac's on Sept. 3. HANDOUT

Crime Stoppers at 613-233-8477. GRAHAM LANKTREE/METRO

The suspect has a dark complexion, is aged 20 to 25, is six feet tall and has a thin to medium build.

Police ask anyone with information to contact 613-236-1222 ext. 5116 or

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Canadian Inuit applauded federal government efforts to reduce the high rate of suicide in northern communities during World Suicide Prevention Day Tuesday, even as they braced for the "enormous" work ahead.

"I can think of people who I've lost in my life," said Thomas Anguti Johnston, president of the National Inuit Youth Council, at a gathering on Parliament Hill, noting the suicide rate in Inuit communities is 11 times higher than the national average.

"I don't know any native in Canada who can say they have been unaffected by suicide," he added before Terry Audla, president of Inuit Tapiriit Kanatami (ITK) — the national Inuit organization — told the crowd 80 per cent of those suicides are among people under 30.

Inuit have gathered on the Hill for the past seven years, but Audla said this year is

in files" along with "alternative approaches to service delivery" and the "comparison of billing rates with private bar."

Blais said she has no problem with reviews and is all for "doing things better and more efficiently," but says she's concerned given Finance Minister Jim Flaherty's assertion in the 2013 budget that the government intends to provide its services differently.

"I'm worried that this is sort of the first step in an outsourcing plan," Blais said.

Prairie Research Associates Inc.'s review will look at civil law, which includes immigration law, environmental law, tax-law services and regulatory services. GRAHAM LANKTREE/METRO

But ... still a critical lack of mental-health services in communities



Natashia Allakariallak, 18, and Shauna Seeteenak, 21, perform traditional Inuit throat singing on Parliament Hill Tuesday during World Suicide Prevention Day. GRAHAM LANKTREE/METRO

one to celebrate since the "wheels are turning" after Bill C-300, the Federal Framework for Suicide Prevention, was passed into law Dec. 14, 2012.

"Canada is one of the only countries in the world without a national suicide prevention strategy," he said. The new legislation will see the federal government reaching out to other levels of government and non-profits to begin work on its own framework.

Inuit have begun their own work on a strategy, Audla said,

pointing out that "we need to recognize the uniqueness of our community" and address "a critical lack of infrastructure in Inuit communities" when it comes to the continuum of mental-health services.

In 2012, more than 3,500 Canadians died by their own hand, noted Dammy Damstrom-Albach, president of the Canadian Association for Suicide Prevention, which is working with ITK to shape the strategy.

"It's an interplay of bio-

logical, psychological, social, spiritual factors often in the context of mental illness — depression, anxiety," she said of the roots of the illness.

"Hopelessness is a factor of particular significance when people are suicidal. When people are able to reconnect with hope, their will to carry on can build."

However, the work has just begun. "It is going to take an enormous amount of work to make the kind of difference we all want to see," Audla said.



"I have Facebook right on my TV."

Fibe | Bell

Singer Neil Young gives pipeline a 'big' thumbs-down

Keystone XL pipeline. Canada's cranky music legend said Fort McMurray looks like a 'wasteland'; he just returned from the area



Neil Young is against Keystone "in a big way."

THE ASSOCIATED PRESS/FILE

Canadian singer Neil Young has waded into the debate over the Keystone XL pipeline with inflammatory comments that compare Fort McMurray, Alta., to the scene of an atomic bomb strike.

Young told a press conference in Washington that he had visited Fort McMurray, home base to northern Alberta's oilsands development, on a driving tour within the past two weeks

and he called it a wasteland that looks like Hiroshima.

His comments came the same day that Natural Re-

sources Minister Joe Oliver was in the American capital talking up Canadian environmental policy and TransCanada's Keystone project, which is designed to carry Alberta bitumen to refineries on the Texas gulf coast.

Young told an event supporting ethanol and the National Farmer's Union that he is against Keystone "in a big way."

He likened the jobs that will be created by the \$5.4-billion pipeline project to a job digging a hole that people cannot climb out of.

Young said he drove his 1959 Lincoln Continental, which runs on ethanol and electricity, up to Fort McMurray while traversing the continent.

THE CANADIAN PRESS



Godzilla movies vs. brewery

A tap for the MechaHopzilla brand beer at the NOLA Brewing Company in New Orleans. The Japanese firm that produced the Godzilla movies has sued the New Orleans beer makers, claiming copyright and trademark infringement. GERALD HERBERT/THE ASSOCIATED PRESS

Memorial University

'Consequences' to come for bad taste mugs: Dean

The dean of engineering for Memorial University of Newfoundland says there will be consequences for a sexualized beer mug that has prompted the school's engineering society to apologize.

Greg Naterer said Tuesday he's disturbed by the mugs selected by the society for a recent student party off-campus.

"I will be investigating within the university further, there will be appropriate measures taken and there will be consequences," he said in an interview.

The yellow souvenir mugs feature a cartoon image of a barely dressed woman and the words: "If She's Thirsty ... Give her the ... D (DAY)."

The words refer to a phrase that originates from a pornography website. The D is the first letter of a slang term for penis. THE CANADIAN PRESS

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Ponder before you puff. Pot can trigger psychosis in those prone to it: Study

A national study on pot use and psychosis released by the Schizophrenia Society of Canada (SSC) on Tuesday shows the drug can trigger and worsen psychosis in young people already prone to the psychiatric disorder.

The research is part of an SSC project funded by Health Canada that aims to give young people pause before they light their first joint.

"Hopefully it'll inform kids

How it works

According to the Schizophrenia Society of Canada, scientists think cannabis can cause psychosis because it interrupts neurotransmitters, like dopamine, which can interfere with the brain's communication systems.

as to whether or not to use cannabis based on a knowledge of their family's (mental-health) history," explained SSC CEO Chris Summerville.

"Does marijuana specifically in and by itself cause a mental illness? No. But does it make your risk greater? Yes."

Summerville said past research has shown young people who are already vulnerable to psychosis are four to seven times more likely to become ill.

The recently completed four-year study, led by Dr. Katherine Boydell at Toronto's Hospital for Sick Children, saw 28 young people who had both used pot and experienced psychosis chosen as research assistants to lead interviews, focus groups and workshops with 50 other young people with similar experiences.

SHANE GIBSON/METRO IN WINNIPEG

The Arctic. Three dead in daytime helicopter crash

Three people are dead after a Canadian Coast Guard helicopter crashed in Arctic waters during a routine patrol to check ice conditions.

The helicopter had been stationed on the icebreaker Amundsen, which was sailing through M'Clure Strait in the western Arctic as part of a regular program of scientific study.

Those killed have been identified as Marc Thibault, commanding officer of the

ship; helicopter pilot Daniel Dube and Klaus Hochheim, a veteran University of Manitoba Arctic scientist.

Mario Pelletier, the coast guard's assistant commissioner, said weather conditions at the time of the crash Monday were good. The accident occurred during daylight.

All three who died were wearing safety equipment at the time, Pelletier said.

THE CANADIAN PRESS

Proposal released for religious-symbols ban

Quebec. Details met with widespread and fervent condemnation from political figures

Quebec would become the only jurisdiction in North America to impose a sweeping ban on religious clothing for public employees, including at schools, hospitals and courthouses, under a "Charter of Values" whose details were released Tuesday.

If adopted, the plan would apply to hijabs, kippas, turbans and large crucifixes worn by religious public servants.

It would impose a career-or-faith dilemma on judges, police, and prosecutors; public daycare workers; teachers and school employees; hospital workers; municipal personnel; and employees at state-run liquor stores and the auto-insurance board.

The early reaction suggests the plan will not pass in its present form, which leaves two likely outcomes: it will either be watered down for adoption now or kept intact for later use as an election issue when the Parti Quebecois seeks a majority government.

The minister responsible for the plan presented it as a guarantor of equality within a secular state.

"The time has come to unite



A woman wears a niqab as she walks in Montreal. If adopted, the ban would also apply to hijabs, kippas, turbans and large crucifixes worn by religious public servants. RYAN REMIORZ/THE CANADIAN PRESS

us around clear values and common rules," said Minister Bernard Drainville. "Quebec is increasingly a multi-ethnic, multi-religious society. This is a great source of richness. It's also why we need clear rules."

The details were swiftly slammed by much of the political class. The federal government announced that it will seek the advice of the Department of Justice and then head to court if the proposal is deemed to violate fundamental rights. Both main Montreal mayoral candidates also vigorously condemned the idea.

THE CANADIAN PRESS

'We need clear rules'

Plan appears inconsistent

Would elected officials be subject to these rules? No, he replied; voters have a right to choose their representative. That means Quebecers could elect a premier with a hijab — who would then force her employees to remove theirs.

What about courtroom witnesses and elected politicians who still swear an oath on the Bible?

"Oh, my God," Drainville replied. "We'll get back to you." THE CANADIAN PRESS

An advertisement for Bell Fibe. On the left, a man with dark hair and a beard, wearing a dark jacket over a striped shirt, is smiling. On the right, a silhouette of a city skyline with several tall buildings and spires is set against a blue gradient background. Below the skyline, the text reads: "I can move my TV anywhere, anytime." At the bottom right, the Bell logo is displayed with the word "Fibe" in a white sans-serif font and "Bell" in a larger, bold, blue serif font.

Small testicles? He might be dad material

Study of 70 men.

Emory University researchers find that subjects with smaller 'assets' more likely to provide hands-on care

Men with smaller testicles appear to be better fathers

to toddlers, according to new research.

They are more likely to be involved in hands-on care, anthropologists at Emory University have found.

Their research, published in the Proceedings of the National Academy of Sciences, also found that smaller testicular volumes correlate with more nurturing-related

Trade-off

"Our data suggests the biology of human males reflects a trade-off between investments in mating versus parenting."

Anthropologist James Rilling

brain activity in fathers as

they look at photos of their children.

Previous research shows lower levels of testosterone in men correlate with greater paternal involvement and higher levels with divorce and polygamy.

The study included 70 fathers who had a child between 1 and 2.

TORSTAR NEWS SERVICE



Study shows testicle size counts in fatherhood. ISTOCK

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Landmark ruling. Google went too far in collecting private data: U.S. court

Lawyers suing Google for enabling its camera-carrying vehicles to collect emails and Internet passwords while photographing neighbourhoods for the search giant's Street View maps look forward to resuming their case now that a U.S. court has ruled in their favour.

The Court of Appeals in San Francisco said Tuesday that Google went far beyond listening to accessible radio communication when they drew information from inside people's homes.

"The payload data transmitted over unencrypted Wi-Fi networks that was captured by Google included emails, usernames, passwords, im-

ages, and documents," wrote the panel. Marc Rotenberg, of the Electronic Privacy Center, called it "a landmark decision for Internet privacy." "The court made clear that the federal privacy law applies to residential Wi-Fi networks," he said.

"Users should be protected when a company tries to capture data that travels between their laptop and their printer in their home."

A Google spokesperson said Tuesday that their lawyers are "disappointed in the 9th Circuit's decision and are considering our next steps." Google said the data collection was inadvertent but not illegal. **THE ASSOCIATED PRESS**

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Saint Mary's suspends student convicted of rape

Saint Mary's University has suspended one of its students after the 24-year-old Halifax man pleaded guilty on Tuesday to sexually assaulting a 14-year-old girl.

Konstanty 'Kostek' Bedo-Gorski entered a guilty plea during a court appearance Tuesday in Halifax, the CBC reports.

Bedo-Gorski was the girl's soccer coach at the time of the incident last fall.

"He has been barred from campus," a release from Saint

Mary's University said on Tuesday following the guilty plea. "A disciplinary hearing will be held as soon as possible."

In an interview, university spokesman Steve Proctor said under school policy, the hearing would take place in the next two to 10 days.

When asked why the school made the decision it did to suspend Bedo-Gorski, Proctor said because "it's a violation of student policy."

In court on Tuesday, the CBC

reports the judge had released Bedo-Gorski from custody so he would have time to finish his semester. His sentencing is scheduled for December.

The south-end Halifax university has been under fire for the past week over a pro-rape chant led by some student representatives during a frosh week event.

"Y is for your sister ... U is for underage, N is for no consent," the group cheered.

PHILIP CROUCHER/METRO IN HALIFAX



U.S. President Barack Obama addresses the nation in a live televised speech from the East Room of the White House on Tuesday. Obama blended the threat of military action with the hope of a diplomatic solution as he works to strip Syria of its chemical weapons. EVAN VUCCI-POOL/GETTY IMAGES

Obama pitches Syria strike to U.S.

Chemical weapons.

President advocates diplomacy in address to nation but insists he will 'be ready to respond' if measures fail

out the use of force, but he also insisted the U.S. military will keep the pressure on President Bashar Assad "and be ready to respond" if other measures fail.

Speaking from the East Room of the White House, Obama said he had asked congressional leaders to postpone a vote on legislation he has been seeking to authorize the use of military force against Syria.

Acknowledging the weariness the nation feels after a decade of war in Iraq and Afghanistan, Obama said, "America is not the world's policeman."

And yet, he added, "When with modest effort and risk we can stop children from being gassed to death and thereby make our own children safer over the long run, I believe we should act. That's what makes us exceptional."

The speech capped a frenzied 10-day stretch that began when he unexpectedly announced he was stepping back from a threatened military strike and asking Congress to pass legislation authorizing the use of force. THE ASSOCIATED PRESS

Asia

25% of men in six Asian countries have raped: Study

About one in four men in some parts of Asia admitted raping a woman, according to the first large studies of rape and sexual violence. About one in 10 admitted raping a woman who was not their partner.

In the new research, male interviewers surveyed more than 10,000 men in Bangladesh, China, Cambodia, Indonesia, Sri Lanka and Papua New Guinea.

"It's clear violence against women is far more widespread in the general population than we thought," said Rachel Jewkes of South Africa's Medical Research Council, who led the two studies.

THE ASSOCIATED PRESS

India

Gang rapists guilty on all 11 counts

A court convicted four men Tuesday in the deadly gang rape of a young woman on a New Delhi bus, a brutal crime that galvanized public anger over the widespread sexual violence faced by Indian women.

THE ASSOCIATED PRESS

Switzerland

Swiss lawmakers raise legal age for prostitution to 18

Lawmakers in Switzerland, where prostitution is legal, have agreed to make it a criminal act to pay for sex with anyone who is under 18 years old. The legal age would rise up from 16.

THE ASSOCIATED PRESS

China. Boy who had eyes gouged gets implants

A six-year-old Chinese boy whose eyes were gouged out received implants Tuesday at a hospital in southern China owned by a Hong Kong doctor who offered the operation after learning about the brutal attack.

The implants are a precursor to fitting the boy with prosthetic eyes that will look and move more like normal eyes, but do not restore vision. Doctors at the C-MER (Shenzhen) Dennis Lam Eye Hospital also plan to fit Guo Bin with navigation sensors that would allow the boy to get around on his own in familiar places.

"As his parents, we are full of hope," the boy's father said.

THE ASSOCIATED PRESS

An advertisement featuring a woman with short grey hair and glasses, smiling and holding a white mug. She is wearing a red top and a purple cardigan. In the background, there is a silhouette of a city skyline against a blue gradient. The text "I can record 4 shows at once." is overlaid on the right side. At the bottom right, there is a logo for "Fibe | Bell".

"I can record 4 shows at once."

Fibe | Bell

Apple covers off high and low ends with dual iPhone launch

Sept. 20 release.

5C aims for cheap and cheerful, while 5S aims to set 'gold standard'

Apple's latest iPhones will come in a bevy of colours and two distinct designs, one made of plastic and the other that aims to be "the gold standard of smartphones" and reads your fingerprint.

Apple unveiled the latest iPhone models, available on Sept. 20 in Canada and many other countries, during an event at its Cupertino, Calif., headquarters.

The lower-cost iPhone 5C

will be available in five colours — green, blue, yellow, pink and white. It has a four-inch retina display and is powered by Apple's A6 chip. It also has an eight-megapixel camera, live photo filters and a rear cover that lights up.

The second phone, the 5S, is "the most forward-looking phone we have ever created," said Phil Schiller, senior vice-president of worldwide marketing at Apple. It will come in silver, gold and "space grey" and run a new A7 chip that's up to twice as fast as the A6.

Schiller said the new phone can run more health and fitness apps, which have become increasingly popular as people use them to track exercise rou-

Pricing

- The iPhone 5C will cost \$99 US for a 16 GB model and \$199 US for a 32 GB model with a two-year contract in the U.S.
- The iPhone 5S will cost \$199 US for a 16 GB model, \$299 US for 32 GB and \$399 US for 64 GB with a two-year contract in the U.S.

tines, calorie intake and even sleep patterns.

Apple said its next mobile operating system, iOS 7, will be available as a free download on Sept. 18. **THE ASSOCIATED PRESS**



Apple CEO Tim Cook speaks about the new iPhones during a product announcement on Tuesday in Cupertino, Calif. JUSTIN SULLIVAN/GETTY IMAGES



Sailing on the sunny side

The Turanor PlanetSolar, the world's largest solar-powered boat, travels on the Seine River outside Paris on Tuesday after completing a three-month voyage across the Atlantic Ocean to study how the Gulf Stream and climate change could influence each other. CHRISTOPHE ENA/THE ASSOCIATED PRESS

Telecom. Open industry to foreign players: Bell CEO

Foreign investment restrictions should be lifted for big telecom companies to allow the market to decide how many wireless competitors Canada can support, Bell CEO George Cope said Tuesday.

"There's nothing to be afraid of. Bring the competition on," Cope told the annual BMO media and telecom conference.

Big telecoms such as Bell, Telus and Rogers are restricted under federal rules from being more than 33 per cent foreign-owned, while small players

Quoted

"There's nothing to be afraid of. Bring the competition on."

Bell CEO George Cope, speaking at an annual media and telecom conference.

with less than 10 per cent market share have no limits.

The change in rules were a move by the federal government to increase competition in the sector. **THE CANADIAN PRESS**

Plastic pounds. BoE mulls replacing paper banknotes

Britain is pondering plastic pounds. The Bank of England is considering replacing paper money with polymer banknotes which are billed as cleaner, stronger and more secure.

The bank said Tuesday it will hold a public consultation, bringing samples of plastic money to shopping centres so that members of the public can feel the difference.

Polymer banknotes — made from transparent plastic film coated with layers of ink — are used by countries including

Market Minute



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12,824.48 (-30.16)

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GOLD
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Natural gas: \$3.58 US (-2¢)
Dow Jones: 15,191.06 (+127.94)



Samples of the proposed new British polymer bank notes are displayed in London on Tuesday. **THE ASSOCIATED PRESS**

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RAPE NOT ONE OF THE THREE R'S

So much for higher education.

Here's what school spirit sounds like in 2013: "Y is for your sister"; "O is for oh-so-tight"; "U is for underage"; "N is for no consent" and "G is for go to jail."

That now-infamous rape chant was an integral part of frosh week at the UBC Sauder School of Business and (a similar version at) Saint Mary's University in Halifax this year, and who knows where else — a version was featured in Yale's hallowed Ivy League halls a couple of years ago.

Make no mistake, this chant was led by student leaders. Apparently, that's what "student leader" means. Someone who will lead your kids down the garden path and make them think that raping female children is just frosh hijinks, along with chugging quarts of beer or setting fire to your under-



JUST SAYIN'
Paul Sullivan
metronews.ca

pants.

So, parents, you might ask your own fresh-men what's on their frosh agenda. Not that they'll tell you, if this is any indication of what they're up to.

You might not believe it if you hadn't seen the video of fresh-faced young men AND women gleefully joining the chant at Saint Mary's. Thanks to social media, there aren't as many dark corners as there used to be. Or, more accurately, the corners are still dark; they're just more likely to be exposed.

The grown-ups allegedly in charge at UBC and Saint Mary's are behaving like deer caught in the headlights. Applying feverish damage control: lots of public declarations of chagrin, frosh-week funding cuts, inquiries and demands for the resignations of the bozos responsible. We'll give them the benefit of

the doubt, but let's not be naïve. At Saint Mary's, at least, the chant is a tradition. It's been going on for 10 years.

They're all so surprised the student body has fleas. Maybe it's an honest surprise, not just a butt-covering surprise, but they're too quick, IMHO, to characterize the rape chant as an aberration, something wicked that crept in the back door that somehow hijacked otherwise morally upright kids.

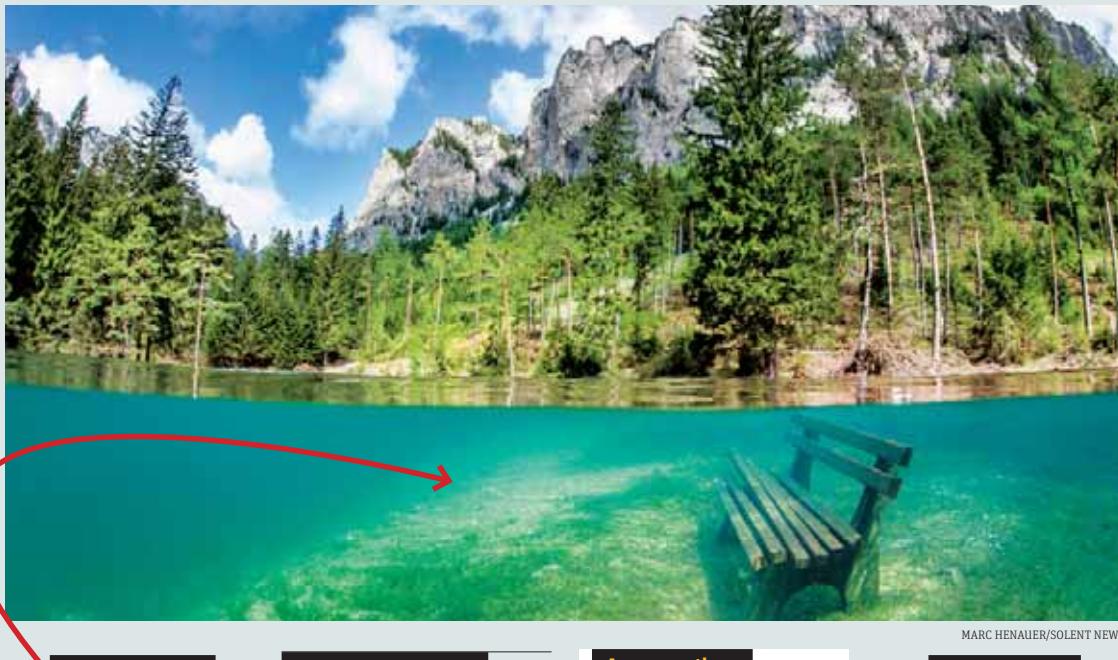
This from the Sauder school dean Robert Helsley: "I couldn't believe it. It's so inconsistent with everything we try to teach our students, and inconsistent with our student body. They are incredibly bright, energetic young people who want to make a positive contribution to society."

Right. Campus Jungle 101: Who wants to be the Lord of the Flies?

Let me put this to every member of the student body: You're only as strong as your weakest link. If you dismiss this as the work of a few harmless troglodytes, just remember that's your sister they're braying about.

ZOOM

Darling, it's better under the sea



MARC HENAUER/SOLENT NEWS

Alpine park turns into water world

For one month of the year in the Alps, a green meadow is transformed into a underwater world by the melting snow of the mountains.

At the Green Lake in Tragoess, Austria, visitors trade hiking boots for scuba gear to explore the flooded park. Marc Henauer from Perly, Switzerland, visited the park with his wife and snapped the mesmerizing views of the area.

METRO

Photographer's view



"It felt like I was swimming in a magical world — it was so beautiful. Swimming over the green grass, rocks and trees — it was like being in a fairy tale."

Marc Henauer, 39, scuba diver and photographer from Perly, Switzerland

Awesome thaw

- Lake in depth.** Twelve metres of water is how deep the Green Lake becomes after snow thaws and water submerges the surrounding grass, trees and park benches. In the autumn and winter the lagoon in the park is normally only one metre deep.
- Green water.** The lake's distinctive green hue is the result of the chlorophyll-rich grass and foliage.

While in France a lake turns red

This Austrian water park is not the only unusual yet natural lake phenomenon in Europe.

A lake in Camargue in southern France turns red thanks to an interaction between the water's high salt content and microorganisms. Salt-loving micro-algae called Dunaliella salina feed on the crystals, producing a reddish pink pigment.

METRO

Giant Boulder Of Death:

Somewhat surprisingly, Adult Swim has become one of the App Store's most dependable publishers, a streak that continues with this destructive take on the Katamari series. Take control of a romantically tilted boulder and create as much chaos as possible while rolling toward revenge. Hugely fun and totally free. (iOS/\$4.99)

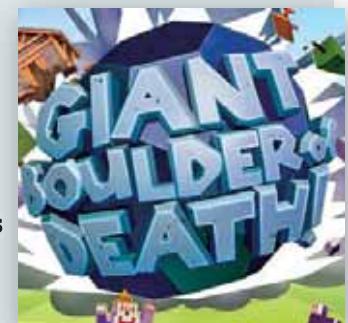
Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

So the curtain was lifted on the newest iPhone Tuesday, which means the iPhone users among us are looking at our still-amazing pieces of technology with at least a little disdain. Rekindle that old flame with some new games.



ment. Simple sounding stuff, sure, but the gameplay is deep enough to carry it. However, leaving the development of your characters at the mercy of random dice rolls can be a bit of a drag. (iOS/\$4.99)

Ninjin:

The ninja-rabbit simulator you've been waiting for has finally arrived. Equip yourself with an arsenal of unique weapons and lace together combos while putting the boots to a wide variety of enemies in a wildly fun side-scrolling beat-'em-up. The demo is free, so what's the harm in trying? (iOS/\$0.99)

Warhammer Quest:

A dungeon-crawler adaptation of the classic tabletop strategy game that tasks you with killing everything standing in your way as you move from settlement to settle-



Twitter

@metropicks asked: Apple unveiled a new iPhone + improved iOS. What would you have liked to see in the new gadget?

@eh_c: Bundle with fedora, skinny jeans, and Ray-Bans.

@BrianBlatnicki: Simple. Give it killer battery life!!!

@paulvt: Looks like I have to wait for the iPhone6 for DNA analysis and sobriety testing.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

Le Cosa Nostra not so serious

New movies. From killers to killers of comedy, the gangster movie genre bends to both sides of the spectrum but never breaks



IN FOCUS

Richard Crouse
scene@metronews.ca

For every serious mafia drama like Carlito's Way, there is another film that doesn't take the La Cosa Nostra as seriously.

Gangster comedies like The Gang That Couldn't Shoot Straight and Some Like It Hot are early examples of gangland gigglers.

This weekend Robert De Niro, who won an Oscar playing Vito Corleone in The Godfather: Part II, and Michelle Pfeiffer, who played a gangster's moll in Scarface, team up for The Family, a darkly comedic mafia movie.

The film also features Sopranos star Dominic "Junior Soprano" Chianese and Vincent "Big Pussy" Pastore in a story about notorious crime family the Manzoni's, who find themselves relocated to Normandy, France as part of the witness protection program. Trouble is, they have some difficulty blending in with the locals.

This isn't the first time De Niro has played his tough guy



Robert De Niro has played both spectrums of the gangster flick but he returns to the humorous side of the genre with The Family. HANDOUT

image for laughs. In Analyze This and its sequel Analyze That, he's Paul Vitti, a mob boss who suffers from panic attacks.

To help him through he hires psychiatrist Dr. Ben Sobel (Billy Crystal).

"What is my goal here?" asks the doctor. "To make you a happy, well-adjusted gangster?"

The first movie was a big hit — both commercially and critically, but the second

one didn't fare as well. Roger Ebert wrote, "what seemed like a clever idea the first time feels like a retread the second."

In The Whole Nine Yards former hit man Jimmy the Tulip has trouble adapting to life on the right side of the law.

As played by Bruce Willis he's in hiding after ratting out members of Chicago's deadly Gogolak gang.

When his identity is dis-

covered by his neighbour (Matthew Perry) Jimmy has to reluctantly revert to old habits to survive.

"It's not important how many people I've killed," he says. "What's important is how I get along with the people who are still alive."

Years before Pride and Prejudice and Zombies became an unexpected literary hit, Hollywood co-opted the marquee value of Jane Austin's name. Director Jim

Abrahams of Naked Gun and Top Secret fame looked to the underworld for the inspiration of Jane Austin's Mafia.

A spoof movie that draws heavily on Martin Scorsese's Casino (and not so much on Austin's oeuvre) it marked Lloyd Bridges' last appearance on the big screen, playing a Mafia godfather.

The flick is a quick watch. It runs for a scant 84 minutes, six of which are taken up with credits.

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SCENE



Jane Lynch. PHOTOS GETTY IMAGES

There will be no Glee in Lynch's divorce

Apparently Jane Lynch's divorce from Lara Embry will be an expensive one, as the Glee star is reportedly being asked to pay more than \$90,000 per month in spousal support to Embry for an annual total of \$1.1 million, according to TMZ.

A document filed last week lists monthly expenses including \$12,000 for entertainment, \$5,000 for charitable donations and

\$4,500 for meals at restaurants, though \$59,909 of the amount requested is meant to go toward "unknown" expenses. The pair separated earlier this summer after three years of marriage. Lynch seems OK with the development, at least, telling a photographer outside a West Hollywood café,

"I think it's the law, isn't it? I think it's the law, so I go with the law."

The Word

Demi Lovato's all a-Twitter this year with two book deals



THE WORD

Dorothy Robinson
scne@metronews.ca

Demi Lovato's tweets are being turned into a book, the Macmillan imprint Feiwel and Friends announced on Monday.

"Staying Strong: 365 Days a Year will be a powerful 365 day collection of Demi's most honest, brave and hopeful insights," the press release states.

"Here are her own words,



with quotes that inspire her, as well as personal reflections and goals. This is a book for everyone, everywhere, on their own journey who need comfort, inspiration and a reason every day to stay strong."

The book will be available on Nov. 19 with a Spanish edition, titled Se Fuerte: 365 Dias Al Año on Dec. 3.

A memoir by the singer and actress is also in the works.

Lovato is taking over all media in 2013, it seems. In addition to working on this two-book deal, she'll be judging The X Factor, as well as appearing on Glee this fall. The singer and actress will play a love interest for ex-cheerleader Santana.

"She's playing my love interest, so I'm very, very excited about that. We get to sing a song together," Naya Rivera, who plays Santana, told MTV.



James Franco

Franco flattered by gay jokes at roast

James Franco wasn't bothered by all the gay jokes hurled his way at his recent Comedy Central roast. In fact, he welcomes them.

"Bring on the gay jokes," he tells the Daily Beast. "Because these aren't insults at all. I don't even care if people think I'm gay, so it was like, awesome! I mean, I wish I was gay."

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One of the towering plant sculptures that covered the grounds of the Montreal Botanical Gardens. Cyclists who want to ride the P'tit Train du Nord rail trail can catch a bicycle shuttle outside Montreal at Saint-Jerome. R.M. GREEN/THE ASSOCIATED PRESS

3
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I would not bike 3,000 miles

Just to be the person who did the entire corridor. You're better off choosing a smaller chunk when cycling Quebec's La Route Verte

Quebec's 3,000-mile bicycle network, La Route Verte, has attracted plenty of buzz since National Geographic named it the world's top cycling destination in 2007. But who's got time for 3,000 miles? Most cyclists will want to plan a trip for a few days or a week, and that takes, well, legwork.

That legwork unfolded over months and included scrolling through goofily

translated French-to-English web pages in search of useful information. It culminated with rides on two distinct routes in late summer: the P'tit Train du Nord (Little Train of the North) rail trail, running for more than 160 km north of Montreal; and a staggeringly beautiful stretch along the St. Lawrence River from Quebec City east toward the Gaspe Peninsula. This route is also a compelling trip by car.

Route Verte, or green way, is a carefully managed network of off-road trails, dedicated bike lanes and quiet country roads, sometimes linked by moderately busy roadways with decent shoulders — nothing too hair-raising. Its routes

The green way is the easy way

It's about as close to being coddled as self-supported cycling gets.

have shuttle services, and accredited establishments are obliged to offer healthy, hearty food, safe storage for bikes and access to repairs and shelter. Inspectors come around to check on that. It's about as close to being coddled as self-supported cycling gets.

The P'tit Train du Nord journey went down smooth and easy — call it the milk chocolate dip. About half is paved; the rest is fine-crushed stone. Towns pop up where you need them as you sweep past placid lakes,

rushing waters and mixed stands of hardwood and softwood forest.

The St. Lawrence is more intense, an explosion of garden flowers, wildflowers, dramatic river vistas, commanding churches in storybook villages and gastronomic adventures. Call it the Classique Noir dip of the ice cream shop.

In both areas, it's hit and miss trying to converse in English in small towns or rural areas, though easier in cities and at tourist attractions. But efforts by

visitors to try even a bit of tortured French are welcomed.

So is Quebec worthy of the world's best biking destination?

The Little Train of the North pulls its weight as an enticing bike trail, probably better than the St. Lawrence for families and anyone who doesn't want to mess with a single car while on the bike. For American cyclists, though, there are equally terrific rail trails that may be closer to home.

Route Verte 1, however, is surely in a league of its own. Its farther reaches will be what draw cyclists back, with a pit stop, of course, for ice cream, if the poutine do the trick first.

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NUTRI-BITES
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Proving it's cheap to eat well, deliciously, simply and healthy should be the job of a superhero. But, in the absence of her, here goes.

This soup takes mere minutes to assemble, less than 30 to simmer and provides 17 grams of protein, 78 per cent

Ingredients

Soup

- 2 tbsp butter (\$0.06)
- 1 small onion, chopped (\$0.88)
- 2 cups lentils (\$0.98)
- 2 small red potatoes, chopped (\$0.75)
- 2 carrots, chopped (\$0.25)
- 1 litre broth (\$2)
- 6 cups water
- 2 tsp dried basil (\$0.06)
- 2 cups tomato juice (\$1.25)
- 3 tbsp molasses (\$0.25)
- 3/4 cup white wine – optional (\$1)

Total \$7.48 / per serving \$0.94

of your fibre for the day and only 350 calories per serving.

The tea biscuits round it out to a hearty meal.

It's Wonder Soup Woman!

Soup

1. In a very large pot, heat butter over medium heat and add onions, cook 4 min to soften.
2. Stir in lentils, potatoes and carrots. Add broth and water;

Eat cheap (and healthy)

The past three Wednesdays, Metro's Theresa Albert has served up easy to make and healthy recipes that are perfect for families or starving students. Don't forget to look for the final recipes in the series on Sept. 18.

reduce heat to simmer 20 min. Add basil, salt, pepper, tomato juice, molasses and wine if using. Bring to simmer. Cover, simmer 5 min.

Wheat Germ and Herb Tea Biscuits

1. Preheat oven to 425 F.
2. Stir lemon juice into milk to sour.
3. Stir flours, baking powder, salt, basil and wheat germ together. Cut in butter with 2 knives and mash with a fork until the dough looks like peas. Start with 2 cups of milk to make a stiff dough and work it together into a

Sweet Lentil Soup



This recipe serves eight. ISTOCK

ball. Do not over work. Add more liquid as needed.

4. Roll out and use a cookie cutter or inverted juice glass

to cut small rounds.

5. Bake on a cookie sheet for 10-15 minutes until lightly browned.

Drink of the Week

Grey Goose Entre Vous

Hang on to summer as long as you can with this delicious combination of Grey Goose vodka and exotic guava juice.

- 1.25 oz Grey Goose La Poire Vodka
- 1.75 oz guava juice
- .25 oz freshly squeezed lemon juice, strained
- 1 bar spoon of simple syrup
- 1 bar spoon of Maraschino liqueur
- 1 dash of Angostura Bitters
- .5 oz flat water

Add all the ingredients to a shaker with cubed ice and shake hard. Strain into a chilled coupe and finish with a twist of lemon.

RECIPES & PHOTOS COURTESY THE GREY GOOSE LOUNGE AT MUZIK IN TORONTO



When being a tart is delicious

1. Crust: In large bowl whisk flour and salt. Add chilled olive oil and using fork, mix until oil is incorporated and mixture is consistency of small peas. Add ice water and mix until dough has just formed. Shaped into a 6-inch disk, wrap tightly in plastic wrap and refrigerate for at least 1 hour.

2. Meanwhile, prepare filling. Position oven rack in middle of oven. Heat oven to 375 F. Coat large baking sheet with olive oil cooking spray.

3. Mist eggplant rounds with cooking spray, then season both sides of each slice with salt and pepper. Arrange eggplant slices in single layer on prepared baking sheet. Bake 30 minutes, or until soft and golden brown. Remove from the oven and set aside.

4. While eggplant cooks, in a large saucepan over medium, heat olive oil. Add onions and sauté until softened and translucent, about 5 minutes. Stir in 1 teaspoon salt and the thyme, then reduce heat to low. Cook, stirring occasionally so the onions don't burn, until very soft and browned, about another 30 minutes. Stir in the vinegar and remove from heat.



This vegetable tart recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

5. Mist 11-inch springform tart pan with cooking spray.

6. On a clean, floured surface using a floured rolling pin, roll the chilled dough into a 13-inch circle. Transfer dough to tart pan and fold in and press together overhanging dough to build up edges. If dough tears or breaks, simply piece it together

and press it into the pan.

Ingredients

For the crust

- 2 cups all-purpose flour
- 1 tsp kosher salt
- 1/2 cup extra-virgin olive oil, chilled in the freezer for 1 hour
- 4 tbsp ice water

For the filling

- Olive oil cooking spray
- 1 3/4 lbs small eggplants, peel and cut into 1/2-inch-thick rounds
- Kosher salt and ground black pepper
- 2 tbsp extra-virgin olive oil
- 4 cups thinly sliced red onions (about 3 large)
- 1/2 tsp dried thyme
- 1 tbsp balsamic vinegar
- 4 heirloom tomatoes (multiple colours), cut into 1/4-inch-thick slices
- Fresh basil leaves, to garnish

Dessert. Date and Honey Zucchini Bread



1. Set rack in centre of oven. Heat oven to 350 F. Mist Bundt pan with baking spray.

2. In bowl, whisk both flours, baking powder, baking soda, salt, cinnamon and nutmeg. Set aside.

3. In bowl, whisk eggs until well beaten. Stir in honey, oil and vanilla, then fold in zucchini.

4. Add dry ingredients and chopped dates to zucchini mixture. Stir just until dry ingredients just moisten. Do not over mix.

5. Pour batter into prepared bundt pan. Bake until toothpick inserted at centre of loaf comes out clean and dry, 50 to 60 minutes. Let cool in pan 10

minutes, then turn out onto a wire rack to cool completely. Serve warm. THE ASSOCIATED PRESS

Ingredients

- 1 1/2 cups all-purpose flour, plus more for dusting the pan
- 1 1/2 cups white whole-wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp kosher salt
- 1 1/2 tsp cinnamon
- 3/4 tsp ground nutmeg
- 3 eggs
- 1 cup honey
- 1 cup vegetable oil
- 2 tsp vanilla extract
- 2 cups packed shredded zucchini (not peeled)
- 1 cup coarsely chopped medjool dates

Meetings, memos, and pushups? Yep, it's possible

Finding the time.

Can't find time to get to the gym? Work out on your lunch hour with these tips

MEGHAN
GREAVES
TalentEgg.ca

Who wants to wake up an hour early or get home an hour late? Not me, and likely not you either. So, if you're having trouble fitting in your workouts before or after work, when can you?

At lunch. For most full-time employees, you'll have an hour for lunch, which gives you just enough time to get a quick workout in. Not sure if it's doable? It is. Here's how:

Get everything in order

"I'd like a half-hour workout with a side of shower time and a spinach salad please!" Sounds like a little much right? It is possible, though, with a bit of organization. Pack your work clothes, gym gear and home-made

lunch with you all in one bag so it's ready to go. This will make it easy for you to go from one thing to the next.

Intensity, intensity, intensity

Sometimes less is more! It's completely possible to have a short, intense workout if you plan your workouts beforehand. For example, if you're going to the gym three times a week on your lunch break, plan three different workouts to rotate through each day you go (on your phone, cue cards, iPod, etc.).

Who needs a gym?

If there isn't a gym close to your work, you can still get a great workout in by making use of the natural "facilities" all around you. Going for a run, walk, bike, rollerblade or even bringing a yoga mat to the park can be just as effective as hitting the gym.

Stay energized

When working out on your lunch break, it's crucial to

hydrate and get the proper nutrients. First of all, working out on an empty stomach isn't healthy. Secondly, you don't want your work to be affected.

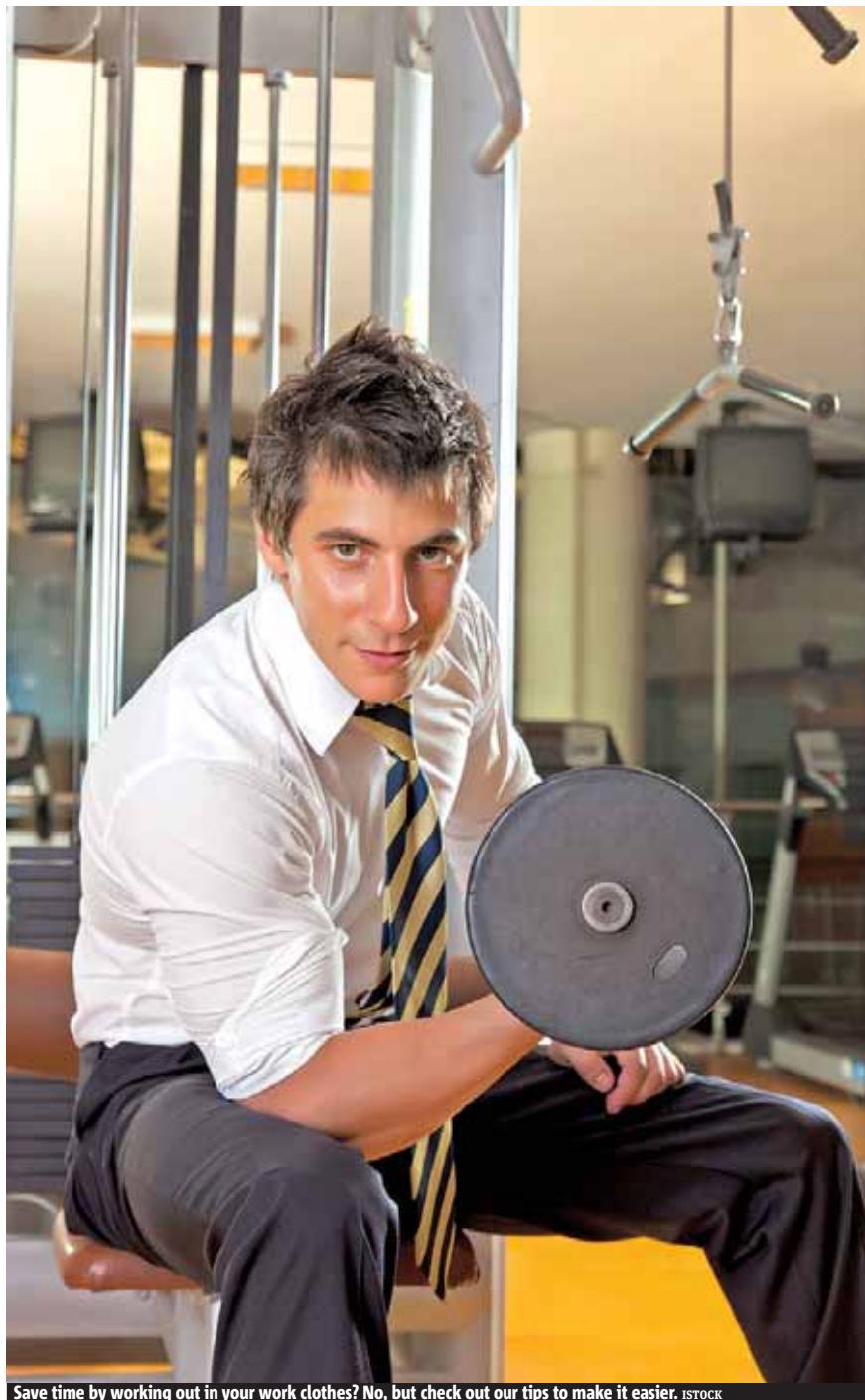
Have a small, healthy snack (yogurt, veggies and hummus, apple, etc.) before your workout and eat your lunch after to keep you on your A-game.

Come in a little earlier, leave a little later

When first getting into your lunchtime workout routine, you might take a few minutes longer than expected. To ensure that your career isn't being affected, come in a bit early and don't hesitate to stay a bit later than normal to demonstrate your commitment to your job for your boss to see.

Once you start to get your routine down pat, you should be able to balance everything just fine.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.



Save time by working out in your work clothes? No, but check out our tips to make it easier. ISTOCK

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Daniel Cardinal 613-742-2493, ext. 2763
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www.lacitec.on.ca/web/lca/corporate-services/fle.htm



la cité collégiale



How many ways can you say employed?

At work. Knowing other languages in a country like Canada can give you a great advantage

SHAHEERAH KAYANI
TalentEgg.ca

Did you know that around 20 per cent of Canada's population speak a language at home that's neither French nor English? That's nearly 6.6 million people who are comfortable interacting with others in one of more than 200 non-official languages.

Being bilingual or multilingual in a culturally diverse country like Canada can open countless doors for you while job hunting. Make those skills immediately visible on your résumé (for example, mention it in your job objective)!

Don't have another language under your belt? There's always time to learn! You could sign up for night classes, or even teach yourself via a book or computer program.

If you still need some convincing about the value of language in the workplace, then check out these five industries where a second (or third, or fourth) language can help you hatch your career:

Health care

Health care is a stable field to work in, since it's a pretty important service. Having the use of an alternate language will make you an asset to any health-care team and will also position you to work on the administrative side of things anywhere in the country.

POTENTIAL JOBS: REGISTERED NURSE, PARAMEDIC, PHARMACIST, MEDICAL RESEARCHER

Travel

Whether you're at a hotel or resort, or are up at 30,000 feet in a plane, getting away from it all can go from a relaxing idea to a frustrating experience if there are communication barriers.

Speaking multiple languages is a skill that could make you indispensable to a hospitality or travel team. Plus, the opportunity to ex-



Si vous pouvez lire ceci, vous connaissez déjà les avantages du bilinguisme. iSTOCK

plore new places isn't a bad job perk.

POTENTIAL JOBS: RESORT MANAGER, AIRLINE STEWARDESS/STEWARDESS, FRONT DESK REPRESENTATIVE

Education

Since you're lucky enough to have a skill that is invaluable in many situations, why not

impart some of this knowledge to those with a desire to learn it?

Education is an extremely rewarding career path. Your contributions could help someone hatch a career.

POTENTIAL JOBS: CURRICULUM SPECIALIST, ESL INSTRUCTOR, GUIDANCE COUNSELOR

Customer service

Providing customer service will be much more effective if both parties can communicate clearly.

Being bilingual or multilingual will allow you to serve a greater number of customers, which will give your company a greater scope of poten-

tial clients — something that will definitely please both your employer and your customers.

POTENTIAL JOBS: SALES CLERK, CUSTOMER SERVICE REPRESENTATIVE, HOST OR HOSTESS

Social services

Social service covers a huge range of work and includes dedicated work with those in need. In this field, it's critical to eliminate as many language barriers as possible to ensure that every client's unique needs are being met.

POTENTIAL JOBS: CHILD WELFARE WORKER, SUBSTANCE ABUSE WORKER, SOCIAL WORK ADMINISTRATOR

A job that allows you to put your bilingual or multilingual skills to work can be a rewarding and exciting direction for your career. Next time you're job hunting, pay close attention to those seeking candidates with additional language skills.

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Canadian Language Benchmark (CLB) is the required assessment; it is available at the Language Assessment Referral Centre (YMCA - 240 Catherine Street, Ottawa). Future course offerings may begin in January.

2013 Information Sessions

BUSINESS Tuesday - September 10, 17, 24

TECHNOLOGY Wednesday - September 11, 18, 25

HEALTHCARE Thursday - September 12, 19, 26

CONSTRUCTION Sessions will be held in December for training in January.

All sessions are 6:00 p.m. - 7:00 p.m. in room B133. Please bring a copy of your resume.

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metrophotochallenge.com



Tips to make working from home work

MEGHAN GREAVES
TalentEgg.ca

One of the greatest advantages for gen Ys entering the workforce is the increase in alternative, more flexible office environments.

Working from home is one of the biggest trends companies are incorporating into their corporate culture. There are many perks to working from home: no commute, travel expenses, or dress code policies, to name a few.

While rare, students or new grads may be given the opportunity to work partially or completely from home.

The following tips will help you make working from home a positive and productive experience:

Visit your coworkers

Set dates to go into the office and interact with your colleagues face to face. You will develop stronger relationships with your coworkers and remind them that you are more than daily emails in their inbox.



Can you be just as productive working from home? iSTOCK

Define your work space

As a student or new grad, space may be limited, but defining an area as your "office" or "work desk" is an ideal way to work effectively at home. It will help establish a routine and keep you from getting distracted.

Keep your workspace organized

Even though your coworkers and managers might not be around, it's important to keep your work area tidy. Having a messy office space at home

becomes overwhelming and distracting when trying to complete your job responsibilities.

Check in and check out

Schedule your work hours as if you were going to the office every day. If your co-workers work from 9 a.m. to 5 p.m., your hours should be similar. This establishes a healthy routine, creates effective communication channels between you and your colleagues and ensures you don't impede their productivity.



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- September 11th, 2013 at 4:00pm
- September 18, 2013 at 2:00pm
- September 25, 2013 at 4:00pm

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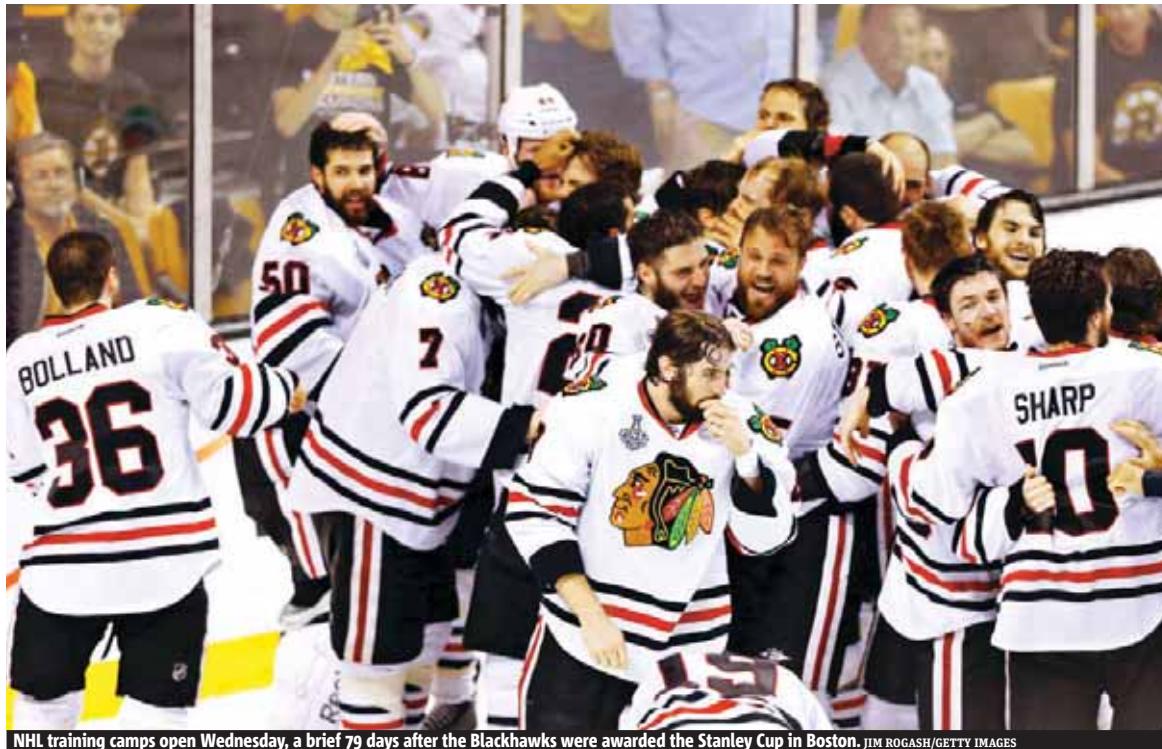
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4 SPORTS

20

SPORTS

metronews.ca
Wednesday, September 11, 2013

NHL training camps open Wednesday, a brief 79 days after the Blackhawks were awarded the Stanley Cup in Boston. JIM ROGASH/GETTY IMAGES

Summer's over, now get ready for camp

NHL. Players returning to team action after condensed off-season

For hockey players, time is relative.

The Pittsburgh Penguins getting swept out of the playoffs has Evgeni Malkin itching to get back on the ice with his teammates.

"I miss hockey," he said. "It's (a) long summer."

Yet it's actually the NHL's shortest summer in recent history. Training camps open around the league Wednesday, just 79 days after the Chicago Blackhawks wrapped up the lockout-shortened 2013 season by winning the Stanley Cup.

Not so laid back on the West Coast

"We're going to work hard, some days aren't going to be fun, but it's for the better of the team."

Vancouver Canucks centre Ryan Kesler on starting training camp under new head coach John Tortorella.

"I think for us, it's a short off-season but we're excited to go back to camp and be together with a team again, get things started and just get back to our daily job as hockey players," Blackhawks captain Jonathan Toews said last week.

Condensing a 48-game regular season starting mid-January made for a June 24 ending. The draft and free agency came and went in a blur.

Blackhawks players got to celebrate with a parade and

now must shift focus to the business of trying to repeat their win. For players from the runner-up Boston Bruins and everyone else, preparations for training camp have been underway for a while.

It doesn't seem to matter that the off-season was so brief.

"From how you prepare for a season I don't think it has any effect," Winnipeg Jets left-winger Andrew Ladd said. "I think you would always usually come into town a couple

New rules

Under the NHL's new collective bargaining agreement, there are more mandatory off days and limits on ice time.

- Camps are limited to 20 days for veterans, and each player is required to have two days off.

weeks early and skate with the guys and start preparing for the season."

Those informal skates are over, as are rookie camps. Teams have physicals and other off-ice activities scheduled for Wednesday and the first on-ice sessions Thursday.

THE ASSOCIATED PRESS

MLB

Jays-Mets to bring big-league ball back to the Big O

The Toronto Blue Jays will play a pair of pre-season games next spring at Montreal's Olympic Stadium.

The Jays will host the New York Mets on March 28-29 in the first Major League Baseball games to be played at the stadium in 10 years.

On Sept. 29, 2004, the Montreal Expos dropped a 9-1 decision to the Florida Marlins in the final home game of their 36-year history. They were owned and operated by MLB from 2002-2004 and the team was sold and relocated to Washington, D.C., for 2005.

THE CANADIAN PRESS

MLB

Pirates giving fans real reason to cheer

Barry Bonds was the slugger in the middle of their lineup, and Doug Drabek was the ace of a rotation that included a rookie knuckleballer named Tim Wakefield.

That was the Pittsburgh Pirates, circa 1992, when the average cost of a gallon of gas was \$1.13 and they had their last winning season - until now.

"It's a sports town, a blue-collar town. They love guys that work hard, but they also want their winners," said outfielder Marlon Byrd, one of the newest Pirates. "They've been waiting a long time for this. We're giving this city something to cheer about, and it's big."

The Pirates earned their 82nd victory, ensuring their first winning record in 21 seasons, with a 1-0 victory Monday night at Texas against Yu Darvish. That came after a four-game losing streak, and being swept in three games at NL Central-leading St. Louis, since No. 81 last week.

THE ASSOCIATED PRESS

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78 YEARS

Sizing up the big variables

Here are six storylines adding intrigue to Canadian NHL training camps:

THE CANADIAN PRESS
Photos by Getty Images

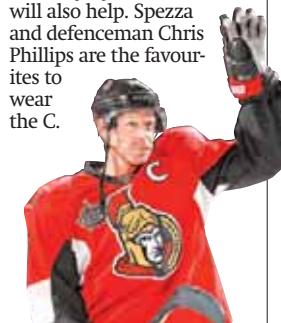


Leafs Kadri and Franson unsigned

Nazem Kadri would slide into Toronto's lineup perfectly as the second-line centre behind Tyler Bozak and ahead of Dave Bolland. Cody Franson would play top-four minutes on the blue-line. Only problem is, neither restricted free agent has a contract yet. Leverage is hard to come by for RFAs, so deals could be done sooner rather than later, but until they are it's a major question for the Leafs.

Sens move on from Alfredsson

Daniel Alfredsson's gone, something centre Jason Spezza said the Senators were prepared for, just not the former captain leaving for another team. Filling the leadership void is the first step in Ottawa's process, while the addition of Bobby Ryan on the ice will also help. Spezza and defenceman Chris Phillips are the favourites to wear the C.

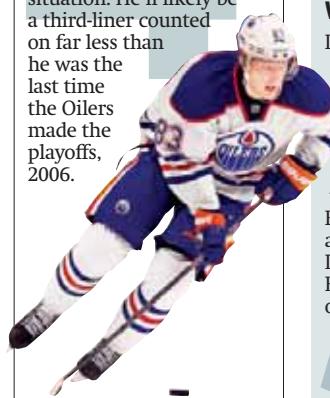


Tortorella gets feet wet in Vancouver

Like he did with the Rangers, coach John Tortorella sent Canucks players a list of what to expect at training camp as far as fitness testing. It's going to be a lot different than life under Alain Vigneault, something centre Ryan Kesler readily acknowledges. How the Canucks take to Tortorella's style is a storyline that will develop throughout the early part of the regular season, but the first taste of it could be a culture shock.

Hemsky stuck in Edmonton

Dallas Eakins is the Oilers' new coach, and every top-six forward is 25 years old or younger. That leaves veteran right-winger Ales Hemsky, 30, in a difficult situation. He'll likely be a third-liner counted on far less than he was the last time the Oilers made the playoffs, 2006.



Briere's place with Canadiens

Daniel Briere signing in Montreal was a feel-good story, but now the question is how he'll help the Canadiens remain a playoff team. He played centre and wing for the Philadelphia Flyers, and that back-and-forth could continue. David Desharnais and Briere could figure that out during training camp.

Leafs goalie competition

James Reimer's 2.46 goals-against average and franchise-best .924 save percentage last season notwithstanding, the Maple Leafs traded for goaltender Jonathan Bernier from the Los Angeles Kings. General manager Dave Nonis said he liked having Reimer and Bernier as a great tandem, and it's conceivable that they'll split regular-season starts evenly.



Men's soccer

Canada again held scoreless by Mauritania

Canada was unable to get any offence going again Tuesday as the national men's team closed out its first camp under new head coach Benito Floro with a 1-0 loss to Mauritania.

Adama Ba scored the game's lone goal eight minutes into the second half. Canada had thoroughly dominated play throughout the game, a solid development for a young squad that continues to adjust to a new system.

Mario Balotelli's 55th-minute penalty secured a 2-1 win for Italy over the Czech Republic to seal first place in Group B, while Robin van Persie's second-half double in a 2-0 win at Andorra guaranteed the Dutch top spot in Group D.

Both countries qualified with two matches to spare, with the Azzurri qualifying for their 14th straight World Cup on the night goalkeeper Gianluigi Buffon made a record-equaling 136th appearance for Italy.

Germany beat the Faeroe Islands 3-0 but still needs one more win for automatic qualification, with Sweden five points behind with two matches left after a 1-0 win in Kazakhstan.

England's destiny in its own hands after drawing 0-0 at Ukraine to stay top of Group H and Russia can also make the finals by winning its last two games after beating Israel 3-1.



Mario Balotelli celebrates scoring against the Czech Republic on Tuesday. CLAUDIO VILLA/GETTY IMAGES

to topple Portugal in Group F.

France twice came from behind to defeat Belarus 4-2 and draw level with Group I leader Spain, which has a game in hand.

Elsewhere, Switzerland won 2-0 at Norway in Group E and needs just one victory from its last two games, against Albania away and Slovenia at home, to finish first.

Greece and Bosnia-Herzegovina remain tied atop Group G after beating Latvia 1-0 and Slovakia 2-1, respectively.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	87	58	.600	—
Tampa Bay	78	64	.549	7½
Baltimore	77	66	.538	9
New York	76	68	.528	10½
Toronto	67	76	.469	19

CENTRAL DIVISION

Detroit	82	62	.569	—
Cleveland	77	66	.538	4½
Kansas City	75	69	.521	7
Minnesota	62	80	.437	19
Chicago	58	85	.406	23½

WEST DIVISION

Oakland	83	60	.580	—
Texas	81	62	.566	2
Los Angeles	67	76	.469	16
Seattle	65	79	.451	18½
Houston	48	96	.333	35½

Tuesday's results

Kansas City at Cleveland

N.Y. Yankees at Baltimore

L.A. Angels at **Toronto**

Boston at Tampa Bay

Pittsburgh at Texas

Oakland at Minnesota

Detroit at Chicago White Sox

Houston at Seattle

Mondays's results

Chicago White Sox 5 Detroit 1

Baltimore 4 N.Y. Yankees 2

Minnesota 6 L.A. Angels 3

Houston 6 Seattle 4

N.Y. Yankees (Pettitte 10-9) at Baltimore

Feldman 5-4), 7:05 p.m.

L.A. Angel (Wilson 15-6) at **Toronto**

(Dickey 12-12), 7:07 p.m.

Boston (Dempster 8-9) at Tampa Bay

(Cobb 8-3), at Minnesota (Pelfrey

5-11), 8:10 p.m.

Detroit (Sanchez 13-7) at Chicago White

Sox (Quintana 7-6), 8:10 p.m.

Houston (Peacock 4-5) at Seattle (Maurer

4-7), 10:10 p.m.

Wednesday's games

All times Eastern

Chicago Cubs (Samardzija 8-11) at Cincinnati

(Kazmir 12-6), 12:35 p.m.

Colorado (Nicasio 8-7) at San Francisco

(Petit 3-0), 3:45 p.m.

San Diego (Stults 8-13) at Philadelphia

(Halladay 3-4), 7:05 p.m.

Atlanta (Minor 13-6) at Miami (Fernandez

11-6), 7:10 p.m.

Washington (Haren 8-13) at N.Y. Mets

(Wheeler 7-4), 7:10 p.m.

Milwaukee (Estrada 6-4) at St. Louis

(Lynn 13-10), 8:15 p.m.

Arizona (Corbin 13-6) at L.A. Dodgers

(Ryu 13-5), 10:10 p.m.

Tuesday's results

San Diego at Philadelphia

Chicago Cubs at Cincinnati

Atlanta at Miami

Washington at N.Y. Mets

Milwaukee at St. Louis

Arizona at L.A. Dodgers

Colorado at San Francisco

Mondays's results

San Francisco 3 Colorado 2 (10 inn.)

Atlanta 5 Miami 2

Chicago Cubs 2 Cincinnati 0

Washington 9 N.Y. Mets 0

L.A. Dodgers 8 Arizona 1

Wednesdays's games

All times Eastern

Chicago Cubs (Samardzija 8-11) at Cincinnati

(Kazmir 12-6), 12:35 p.m.

Colorado (Nicasio 8-7) at San Francisco

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(Wheeler 7-4), 7:10 p.m.

Milwaukee (Estrada 6-4) at St. Louis

(Lynn 13-10), 8:15 p.m.

Arizona (Corbin 13-6) at L.A. Dodgers

(Ryu 13-5), 10:10 p.m.

Wednesday's game

All times Eastern

Chicago at Toronto, 7:30 p.m.

Friday's game

Salt Lake at Seattle, 10 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
Toronto	10	6	4	0	290	259	12
Hamilton	10	5	5	0	266	277	10
Montreal	10	4	6	0	245	285	8
Winnipeg	10	2	8	0	217	308	4

WEST

Saskatchewan	10	8	2	0	325	227	16
Calgary	10	8	2	0	320	246	16
B.C.	10	6	4	0	265	266	12
Edmonton	10	1	9	0	234	294	2

WEEK 12

Friday's game — All times Eastern

Hamilton at Calgary, 9 p.m.

Saturday's games

Winnipeg at Edmonton, 6:30 p.m.

Toronto at Saskatchewan, 9:30 p.m.

Sunday's game

Montreal at B.C., 4:30 p.m.

NFL

Monday's results

Philadelphia 33 Washington 27

Houston 31 San Diego 28

WEEK 2

Thursday's game — All times Eastern

N.Y. Jets at New England, 8:25 p.m.

Sunday's games

Carolina at Buffalo, 1 p.m.

Dallas at Kansas City, 1 p.m.

San Diego at Philadelphia, 1 p.m.

Miami at Indianapolis, 1 p.m.

St. Louis at Atlanta, 1 p.m.

Washington at Green Bay, 1 p.m.

Cleveland at Baltimore, 1 p.m.

Tennessee at Houston, 1 p.m.

Minnesota at Chicago, 1 p.m.

Detroit at Arizona, 4:05 p.m.

New Orleans at Tampa Bay, 4:05 p.m.

Denver at N.Y. Giants, 4:25 p.m.

Jacksonville at Oakland, 4:25 p.m.

San Francisco at Seattle, 8:30 p.m.

Monday, September 16

Pittsburgh at Cincinnati, 8:40 p.m.

MLS

Wednesday's game

All times Eastern

Chicago at Toronto, 7:30 p.m.

Friday's game

Salt Lake at Seattle, 10 p.m.

The 2014 Kia Cadenza



ALL PHOTOS WHEELBASEMEDIA.COM

Review. Kia ditched its features list to finally date on the all-importants like style, feel and personality

MALCOLM GUNN
wheelbasemedia.com

It's obvious that picking a new Cadenza is supposed to be a no-brainer decision. Not that you won't want to examine it thoroughly before your purchase, but with a generous amount of built-in luxury and convenience hardware/software, picking your colour scheme just might be the only scheming you have to do.

The Cadenza's introduction is a significant one for Hyundai's subsidiary. The brand that once sold mainly small cars and wagons to younger, first-time buyers, has gradually expanded its lineup to include a variety of smartly styled vehicles that look nothing like their Hyundai counterparts.

The Cadenza is a prime example of this philosophy. It's similar in size to, and shares the same stretched architecture as the Hyundai Azera, a model sold only in the U.S. However Kia design boss Peter Schreyer (a rock star in the automotive design world) has taken a totally unique approach in shaping the Cadenza's sheetmetal. His efforts have yielded a subtle-looking sedan that conveys a greater sense of class and polish than the Azera with its trendier looks. Clearly the Cadenza is Kia's attempt to gain favour with more mature buyers who place pampering con-

2014 Kia Cadenza

- Type. Four-door, front-wheel-drive mid-size luxury sedan
- Engines (hp). 3.3-litre DOHC V6 (293)
- Transmissions. Six-speed automatic
- Base price (incl. destination). \$39,400

Premium package

Premium adds safety content such as blind-spot and lane-departure warning systems and smart cruise control that keeps a safe distance from the vehicle in front. The package also includes 19-inch wheels plus what Kia calls hydrophobic front side windows that repel water, which is handy on rainy days.

Fuel Economy

Pulling away from a stop, the powerplant balks at being pushed too hard, likely in the interests of maintaining its city fuel-consumption rating of 11.2 l/100 km and the highway figure of 7.4. When you're rolling, it gathers itself up quickly and pushes you back in the seat with ease.

Interior design

The interior design work is low-key, but is right in step with most luxury-oriented models. The hardware and trim are first-rate and the big and round gauges are easy to read. There's no shortage of dashboard and steering-wheel switches and buttons to fiddle with, but at least they're clearly marked.



It's quite tough to find fault with the understated interior with a smart layout.

adds a panoramic sunroof, power rear sunshade, heated steering wheel, front and rear heated seats with upgraded soft-leather covers, electronic parking brake and a power-tilt-and-telescoping steering wheel. Unfortunately, the Cadenza cannot be ordered with all-wheel-drive, but since it isn't offered on any Hyundai/Kia sedan, that's no surprise.

Fully optioned, the Cadenza brushes up against the \$45,000

mark. That means it's now trespassing on territory staked out by the bigger rear-wheel-drive Hyundai Genesis as well as a number of other established luxury sedans. That probably won't bother Kia's buyers who will see the Cadenza as an honest, straightforward luxury car, minus the pretense and posturing of competing marques.

And that makes it a no-brainer in every sense of the word.

Compare



1 Toyota Avalon
Base price: \$38,500



2 Buick LaCrosse
Base price: \$39,600



3 Nissan Maxima
Base price: \$39,600

5
D
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V
E

When life gives you lemons, sell them

Autopilot. Gloomy writer Vonnegut's real-life tale of him selling Saabs in the '60s was a joy to read



AUTO PILOT
Mike Goetz
drive@metronews.ca

I just love it when a great author "goes automotive." Kurt Vonnegut does so on occasion in his 2005 collection of essays, *A Man Without a Country*, which I re-read last weekend.

It's dark stuff. He is very critical of the human race, and not too optimistic about our future, but he always delivers his news with such humour and elegant prose that you want him to keep going — keep telling us why we suck so much.

Consider this rant: "Evolution can go to hell as far as I am concerned. What a mistake we are. We have mortally wounded this sweet life-

supporting planet — the only one in the whole Milky Way — with a century of transportation whoopee."

Ouch. I'm a deep practitioner of this kind of whoopee. So are a lot of other people.

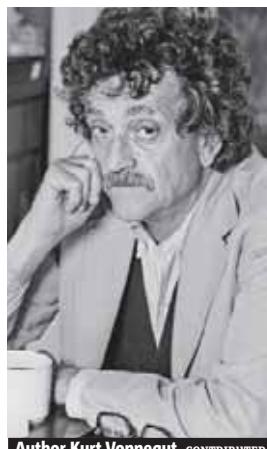
But he kind of used to be one of us. Kind of. I didn't know Vonnegut used to be the owner and manager of an automobile dealership until I read his essay, *I Used to be the Owner and Manager of an Automobile Dealership*.

This was back in the 1960s, and he sold Saabs. He didn't think much of them.

"Unlike other cars, but like your lawn mower and outboard, it had a two-stroke rather than a four-stroke engine. So every time you filled your gas, you had to pour in a can of oil as well. For whatever reason, straight women did not want to do this."

Even if straight women did this, the oil and gas thing presented problems whenever you left your Saab parked for a length of time.

"The oil would separate from the gas and sink like molasses to the bottom of the tank," writes Vonnegut. "So



Author Kurt Vonnegut. CONTRIBUTED

when you started up again, you would lay down a smoke-screen like a destroyer in a navel engagement.

"And I actually blacked out the whole town of Woods Hole at high noon that way, having left a Saab in the parking lot there for about a week. I am told old timers there still wonder out loud where all the smoke could have come from."

In all the essays in this book Vonnegut is either bemoaning what people have



Kurt Vonnegut sold, and wrote about, two-stroke Saabs, like this early Saab 96. CONTRIBUTED

done or become, or joking about it, or explaining why jokes are necessary.

He believes humour and art are how a lot of us cope and/or rail against fear, noting that most great works of literature "are all about what a bummer it is to be a human being."

It's Vonnegut's genius to simultaneously make the reader feel bummed out about human beings, but also proud of being one at the same time.

Consider this excerpt about when he was a POW in Dresden during the Second World War: "While we were being bombed

in Dresden, sitting in a cellar with our arms over our heads in case the ceiling fell, one soldier said as though he were a duchess in a mansion on a cold and rainy night, 'I wonder what the poor people are doing tonight.' Nobody laughed, but we were still all glad he said it."

Totting up the truth: Find your car's real cost

Driving force. Abacus at the ready, the actual cost of your vehicle includes the likes of maintenance, insurance and fuel

JIL MCINTOSH
drive@metronews.ca

How much does a car cost? You may think it's just what you paid for it, but whether it's a new or used vehicle, it's actually far more than that.

"The true cost of a car includes not only the purchase price, but what it costs to keep and maintain it, and insure it, over the life of the car," says Phil Raby, a writer for MoneySense magazine. "There are many different ways to figure it out."

Raby suggests researching vehicles by using such resources as Consumer Reports, Lemon-Aid, and the non-profit Automobile Protection Association (APA). While reviews of new

The real bottom line

"The true cost of a car includes not only the purchase price, but what it costs to keep and maintain it, and insure it, over the life of the car."

Phil Raby, a writer for MoneySense magazine

vehicles will give you an initial overview, it's important to look at long-term reports as a new model ages, to see if recurrent problems crop up.

Reliable cars will likely end up costing you less in the long run, Raby says. "Cars made by Japanese manufacturers like Honda or Toyota tend to cost more, but the general feeling is that they will cost less in repair bills," he says. "The more expensive car may be the better one in the long run, especially if you keep your car until you run it into the ground."

If you're considering a car, call your insurance

Tips

- Time is of the essence.** It's always cheapest in the long run to fix problems as quickly as possible, since they will get worse and cost more as time goes on.

- Frugality.** Be cautious about expensive add-ons when buying a new car, such as fabric treatment, window etching or rust protection. In most cases, you don't need it.

- Information.** To view the risk ratings most insurance companies use, visit ibc.ca and click on "How Cars Measure Up."

company and see how much it will be to cover it. Factors that affect insurance include the car's initial cost, its depreciation, the price of collision repairs and replacement parts and even its theft rate.

Shop around for the best rates, including online quotes, to help reduce your



Buying a car with high reliability will probably lower your car's cost in the long term. TOYOTA CANADA

costs.

Purchase interest is something many people don't factor in, and it can make a huge difference, especially if you're considering the extremely long financing terms that some automakers are offering. "The danger with an 84-month term is get-

ting an 'upside-down' loan, where the value of the car is lower than the amount outstanding on it," Raby says,

warning that if you have to sell the car during the loan period, you could still owe more than you will get for it. "If you can't afford to buy a car and pay it off in five years, then get a less-expen-

sive car, rather than a 72- or 84-month loan," he adds.

Keep your eye on the bottom line, Raby says. "It's not just how cheap your monthly payment will be, but what you will end up paying in the end. You could buy a car for \$20,000, but it could cost you \$30,000 when it's all stretched out."

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2013 Dodge Grand Caravan Crew Plus shown.*

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2013 Ram 1500 Crew Cab Longhorn 4x2 shown.*



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2013 Dodge Journey R/T AWD shown.*

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*Based on 2013 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. See retailer for additional EnerGuide details. 2013 Dodge Grand Caravan Canada Value Package - Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). 2013 Dodge Journey 2.4 L with 4-speed automatic - Hwy: 7.7 L/100 km (37 MPG) and City: 11.2 L/100 km (25 MPG). Wise customers read the fine print: €, *, †, ‡, §, ¶, \$ The All Out Clearout Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after September 4, 2013. Offers subject to change and may be extended without notice. All pricing includes freight (\$1,595 - \$1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. €\$10,750 in Cash Discounts are available on new 2013 Ram 1500 models (excluding Reg Cab) and consist of \$9,250 in Consumer Cash Discounts and \$1,500 in Ram Truck Loyalty/Conquest Bonus Cash. See your retailer for complete details. • \$19,995 Purchase Price applies to the new 2013 Dodge Grand Caravan Canada Value Package (29E) and includes \$8,100 Consumer Cash Discount. \$19,995 Purchase Price applies to the new 2013 Dodge Journey Canada Value Package (22F) only and includes \$2,000 Consumer Cash Discount. *Consumer Cash Discounts are offered on select 2013 vehicles and are deducted from the negotiated price before taxes. •Ultimate Family Package Discounts available at participating retailers on the purchase/lease of a new 2013 Dodge Grand Caravan SXT with Ultimate Family Package (RTKH5329G). Discount consists of: (i) \$2,500 in Bonus Cash that will be deducted from the negotiated price after taxes; and (ii) \$775 in no-cost options that will be deducted from the negotiated price before taxes.

Some conditions apply. See your retailer for complete details. •4.99% lease financing of up to 60 months available on approved credit through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers on applicable new 2012, 2013 and 2014 models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Retailer may lease for less. See your retailer for complete details. Examples: 2013 Dodge Grand Caravan Canada Value Package (29E)/2013 Dodge Journey Canada Value Package (22F) with a Purchase Price of \$19,995/\$19,995 leased at 4.99% over 60 months with \$3,669/\$4,649 down payment, equals 130 bi-weekly payments of \$99/\$99 with a cost of borrowing of \$3,518.80/\$3,245.60 and a total obligation of \$14,610.70/\$14,589.90. 22,000 kilometre/year allowance. Charge of \$0.18 per excess kilometre. Some conditions apply. •Ultimate Journey Package Discounts available at participating retailers on the purchase/lease of a new 2013 Dodge Journey R/T with Ultimate Journey Package (JCS5A9-28X with AGV, AV1, AS4, GWG). Discount consists of: \$2,500 in Bonus Cash that will be deducted from the negotiated price after taxes; and (ii) \$1,125 in no-cost options that will be deducted from the negotiated price before taxes. Some conditions apply. See your retailer for complete details. •2013 Dodge Grand Caravan Crew Plus shown. Price including applicable Consumer Cash Discount: \$31,940. 2013 Ram 1500 Crew Cab Longhorn 4x2 shown. Price including applicable Consumer Cash and Bonus Cash Discounts: \$43,675. 2013 Dodge Journey R/T AWD shown. Price including applicable Consumer Cash Discount: \$31,640. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. *Based on Automotive News classification and 2013 Ram 1500 3.6 L V6 4x2 and 8-speed transmission. 11.4 L/100 km (25 MPG) City and 7.8 L/100 km (36 MPG) Highway. Based on 2013 EnerGuide fuel consumption guide ratings published by Natural Resources Canada, Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. Ask your retailer for complete EnerGuide information. ^Based on 2013 Ward's Middle Cross Utility segmentation. •Real Deals. Real Time. Use your mobile device to build and price any model. •Jeep is a registered trademark of Chrysler Group LLC. •The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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Sorento EX shown[▲]

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CITY (A/T): 10.4L/100KM

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- Keyless Entry
- Air Conditioning
- Bluetooth[°]
- Rear Parking Sonar
- 6-Speed Automatic Transmission

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Rondo EX Luxury shown[▲]
 HWY (M/T): 6.2L/100KM
CITY (M/T): 9.4L/100KM

THE ALL-NEW 2014
RONDO

OWN IT FROM
\$131[‡] \$0 AT
BI-WEEKLY DOWN 0% APR
OR GET **\$1,750** CASH SAVINGS[‡]
ON SELECT TRIMS

INCLUDED FEATURES:

- 16" Steel Wheels
- Air Conditioning
- Heated Front Seats
- Bluetooth[°]
- Steering Wheel Mounted Audio Controls
- Keyless Entry
- FlexSteer™

Bi-weekly for 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination and fees. Offer based on 2014 Rondo LX MT with a purchase price of \$23,893. Excludes HST.

2013
SPORTAGE HWY (A/T): 6.5L/100KM
CITY (A/T): 9.7L/100KM

OWN IT FROM
\$127[‡] \$0 AT
BI-WEEKLY DOWN 0% APR
OR GET **\$2,500** CASH SAVINGS[‡]
ON SELECT TRIMS

INCLUDED FEATURES:

- Air Conditioning
- Bluetooth[°]
- Heated Front Seats
- Keyless Entry
- Satellite Radio

Bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination and fees. Offer based on 2013 Sportage 2.4L LX MT FWD with a purchase price of \$24,178. Excludes HST.

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The Power to Surprise

Horoscopes

Aries

March 21 - April 20

You can charm the birds out of the trees today, but your long-term interests would be better served if you charm a wage rise out of your boss. Make sure you know your own value, and make sure you get it.

Taurus

April 21 - May 21

If you let others make decisions for you today, their efforts are likely to fall short of what you require. Whatever tasks come your way, do them yourself.

Gemini

May 22 - June 21

The challenges coming your way may be tough but you have what it takes to make the best of them, by getting the best from yourself.

Cancer

June 22 - July 23

If you need to enlist other people's help then speak up. As Venus moves into the most dynamic area of your chart, you will find ways to bring your charisma and can-do spirit together. It's a winning combination.

Leo

July 24 - Aug. 23

Even Leos find the going tough sometimes and if you have a problem of some kind today, you must ask for help. The longer you pretend everything is going fine, the bigger the fallout when it all gets too much.

Virgo

Aug. 24 - Sept. 23

You have a way with words but sometimes you say too much or speak in too aggressive a tone. With Venus moving into the communications area of your chart today that isn't a problem though.

Libra

Sept. 24 - Oct. 23

You need to find a way to strike a better balance between work and family issues. If you know you won't be able to meet certain obligations then say so.

Scorpio

Oct. 24 - Nov. 22

Petty victories are just that — petty. As of today, you must raise your sights and focus only on battles that are worthy of your talents. One major battle won is worth a thousand skirmishes of no consequence.

Sagittarius

Nov. 23 - Dec. 21

You may have to do something you don't much enjoy but if you adopt the right attitude and do a good job, you may be surprised how rewarding it is.

Capricorn

Dec. 22 - Jan. 20

Confidence is your most potent weapon and if you act as if nothing can possibly go wrong, today most likely nothing will. The universe has a way of rewarding those who take a carefree, can-do attitude to life.

Aquarius

Jan. 21 - Feb. 19

Your prospects are getting better and with values planet Venus moving into the career area of your chart today, the powers that be will look on you kindly. If you have a dream, let the world know.

Pisces

Feb. 20 - March 20

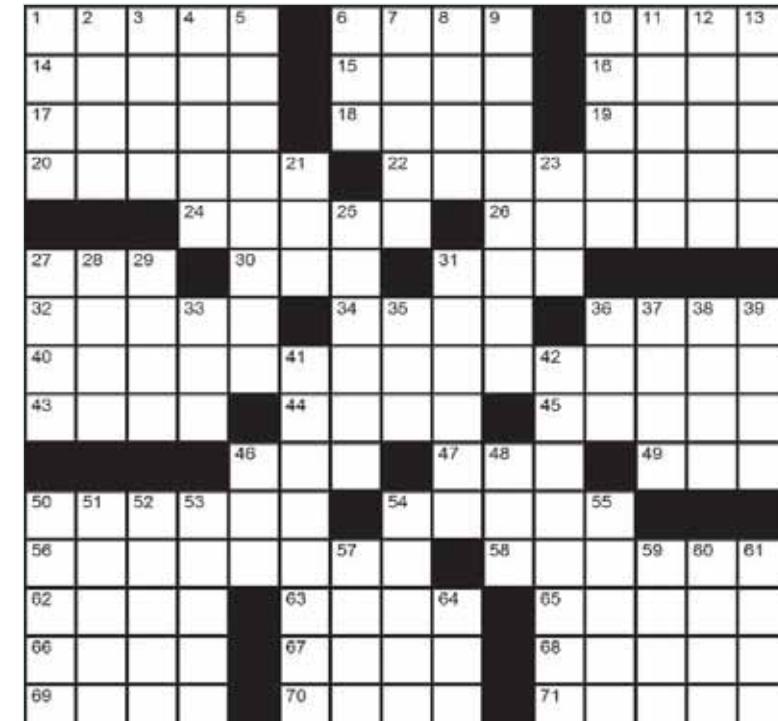
This should be a wonderful time, especially if you are on the move. Whether you travel to the far side of the Earth or just down the road to see a friend, love and laughter will go with you every step of the way. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Guy
6. Awestruck
10. Hunk
14. Sci-Fi flick starring Sigourney Weaver
15. Bill of fare
16. Stack
17. Hotel employee
18. Walk worriedly
19. Leave out
20. Main course
22. Confine
24. Patio places
26. Glam furniture piece
27. Distant
30. Casual top
31. Barley bristle
32. Surface
34. Catherine of "The Dukes of Hazzard"
36. Fashionable
40. It might lead government to keep things secret: 2 wds.
43. Acquire
44. Zero
45. Canada-England divider
46. On: French
47. Calligrapher's prop
49. "Hiss!"
50. Parka
54. Delighted the audience, ___ the show
56. Be a tourist
58. Mr. Mandela
62. Auto race, ___ 500
63. Put on payroll
65. Village People hit: "___ Man"

Down



66. Judge
67. Advocate
68. Molecular bits
69. Eagle of the sea, variably
70. Eager
71. Current affairs-ish

1. Best-liked, com-

- monly
2. Flair
3. Cheerful music
4. Wary
5. Aardvark
6. Music blaster
7. ___ up for (Gets prepared)
8. Stevie Wonder's "For ___ in My Life"

9. Band from Winnipeg, with The: 2 wds.
10. Hockey is a what?
11. Speedy
12. Lewis Carroll character
13. Hollywood legend Ms. Davis
21. Another time, in verse
23. X ...spelled in English
25. Credit card user
27. Speedy
28. Region
29. Humphrey's part in "Casablanca" (1942)
31. Topper of letter 'e' in French words,

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	2	4	3	7	8	6	5	1
1	6	7	9	4	5	8	3	2
5	8	3	6	1	2	9	7	4
2	4	9	7	3	6	5	1	8
8	3	5	1	2	9	4	6	7
7	1	6	5	8	4	2	9	3
3	5	8	2	9	7	1	4	6
4	9	1	8	6	3	7	2	5
6	7	2	4	5	1	3	8	9

5		4	
4		3	1
5	7		
5		9	3
8		6	2
1	6	2	7
9	2	1	4
6	9		9



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sometimes
33. Put a lawyer to work
35. Novelist Ms. Rand
36. 300, fancily
37. Haws partners
38. Mr. Gershwin, and others
39. Belonging to Wolf Blitzer's channel
41. Stone land marker of the Inuit to guide Arctic travellers
42. Aristocrat gent
46. Didn't stand
48. 'Creat' suffix
50. "All kidding ___..."
51. San Francisco footballer, colloquially
52. Calgary neighbourhood
53. Make a poem, say
54. Mr. Savard, Hockey Hall of Famer
55. Make happy
57. Ireland
59. Bulk-carrying barge
60. Units of electrical resistance
61. Like a busybody, variably
64. Dusk, to Donne



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Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	\$1,356.93/coin
9999 Canada Maple leaf, less than 1 ounce	\$43.63/g
24k Jewellery	\$33.81/g
22k	\$30.97/g
E. Indian/Nuggets	\$27.46/g
18k	\$25.36/g
Dental Gold (yellow)	\$20.63/g
14k	\$19.71/g
10k	\$14.07/g
9k	\$12.68/g
Unstamped Gold <10kt	\$10.82/g
Dental Gold (white)	\$8.45/g

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Buying Prices - Canada Coins | Price
Maple Leaf (1 ounce Silver) \$23.53/coin

Silver Jewellery and Other Silver Price	
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Stamped Sterling Silver Jewellery	\$0.43/g
Mexican Silver stamped 925	\$0.36/g
Stamped 800 Silver	\$0.35/g
Unstamped scrap silver	\$0.23/g
Other silver coins	\$0.49/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2013-09-10, 19:50:48 PM
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ottawagold.ca/what-we-pay

Example Purchase 1: Gold Chain

Purity: 14k • Weight: 193.50g

PRICE: \$3,813.89



Example Purchase 2: Gold Ring

Purity: 24k • Weight: 9.36g

PRICE: \$316.46



Example Purchase 3: Gold Bracelet

Purity: 14k • Weight: 88.85g

PRICE: \$1,751.23



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